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VOLUME 44, ISSUE 6

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University discontinues athletic training major

BY OLIVIA KLOCK

Staff Writer

Salisbury University will suspend the athletic training undergraduate program in Fall 2014 in anticipation of implementing a graduate program in athletic training, following in the footsteps of other institutions nationwide.

All current athletic training students at SU will be unaffected and can continue in the program and graduate with a Bachelor's degree in Athletic Training.

Potential high school students and college transfer students who are considering SU will need to decide whether attending SU rather than studying athletic training as an undergraduate is more important to them. Prospective students wanting to attend SU but also pursue

Athletic Training are encouraged to instead study exercise science and pre-health as an undergraduate, and then pursue the athletic training graduate program.

Marc Isenstadt is one of the six seniors soon to receive his degree. He says he loves the program and considers his classmates and professors as close as family. But Isenstadt also acknowledged the challenging coursework.

"I don't dislike much about the program, most would say the time commitment, and on top of course work you have a clinical rotation each semester with SU athletic teams or in local high school, but you get out what you put in," Isenstadt said. "The class work and material is challenging, but being a medical profession, the coursework requires hard work."

Previously, an SU undergraduate student

wanting to study athletic training would apply their sophomore year. The program only accepted 16 students at a time.

There are six seniors about to graduate, 12

"We want our students to be able to have a life and enjoy college, but the athletic training undergraduate program makes it very hard to do so."

- Athletic Training Program Director Dr. Donna Ritenour

juniors and 14 sophomores currently in the sys-

tem. Current freshmen may apply next year.

Athletic Training Program Director Dr. Donna Ritenour says a primary reason for this decision was that the program felt it was graduating talented students as well as losing talented students due to the strenuous workload an Athletic Training undergraduate student endures.

Ritenour said the SU mission statement includes the concept of being student-centered. SU wants its students to not only take advantage of the academic opportunities offered, but also the extracurricular activities.

"At the end of the day, we want our students to be able to have a life and enjoy college, but the athletic training undergraduate program makes it very hard to do so," Ritenour said. "By

See PROGRAM on Pg. 2

SU graduate running for Lieutenant Governor



Jeannie Haddaway-Riccio submitted photo

SU alumna Jeannie Haddaway-Riccio speaks at an event during her campaign for Lieutenant Governor of Maryland.

BY JACOB TROXELL

Staff Writer

State Delegate Jeannie Haddaway-Riccio, who is on the ballot for Lieutenant Governor of Maryland this year, will look to be Salisbury University's first graduate to hold a Maryland statewide office position. She is running alongside Harford County Executive David Craig as his running-mate.

"David and I are really trying to emphasize the experience we have," Haddaway-Riccio said. "Our state is facing a lot of very complicated issues."

Haddaway-Riccio was appointed by Governor Bob Ehrlich to replace SU alumnus Ken Schisler as a member of the Maryland House of Delegates in 2003. At 26, she was the youngest woman in the nation to serve at the state level at the time. This is also the first time an SU graduate has run for a Maryland statewide office.

Haddaway-Riccio said many of her experiences at SU, such as being involved in the Student Government Association and the political science department, were very beneficial to her.

"Don't ever let age be a factor if you have something you want to accomplish or if you have a goal go after it," Haddaway-Riccio said. "Every experience and every opportunity you are given in college always helps strengthen you and gives you a better ability to achieve your goals."

Haddaway-Riccio also said Harry Basehart, a political science professor who retired from SU in 2008 and was her academic advisor, helped her establish her political career.

"All of the professors in the political science department were wonderful," Haddaway-Riccio said. "I really enjoyed the program, I would go to (Basehart) for advice and guidance a lot. He was great to work with."

In her senior year of high school, Haddaway-Riccio served as a legislative page in the Maryland House of Delegates for two weeks through the page program, and grew up being around Schisler, who she eventually replaced. Haddaway said both of those things inspired her to get more involved.

"Having done the page program gave me sort

See GOVERNOR on Pg. 2

Military cuts could affect local families, students

BY SHANNON WILEY

Staff Writer

Secretary of Defense Chuck Hagel announced on Feb. 24 the proposed military spending cuts for the 2015 fiscal year. Following this announcement, Americans, including those within the Salisbury University community, have mixed feelings about the new plan.

With the new budget, the military will be working with the smallest plan since before World War II, reducing the budget by \$75 billion and cutting it even further in 2016.

Hagel said that these cuts, including doing away with a fleet of Air Force fighter planes, were "difficult choices that will change defense institutions for years to come, but are designed to leave the military capable of fulfilling U.S. defense strategy and defend the homeland against strategic threats."

The new plan, according to the U.S. Department of Defense, would bring about reductions within troop strength and force structure in every military service. In doing this, the government is working to "prioritize U.S. strategic interests in the face of reduced resources after more than ten years of war."

"They're downsizing the armed forces dramatically since getting out of war," said Nicholas Engelhardt, president of SU's Student Military and Veterans' Association.

This involves mostly moving more military veterans back into civilian life. Some are being encouraged to retire early, while others who are not meeting the minimum requirements are being let go.

Engelhardt reported that in recent years there has been an increase in veterans coming to the SU campus as well as veterans using their benefits to send their kids to school. However, with the new cuts, Engelhardt expects benefits will become stricter, with firmer rules on how money can be used on campus, including getting a free education and getting housing paid for.

These cuts align with the U.S.'s

current expectation that the country will cease to be involved in operations comparable to those in the Middle East.

"An army of this size is larger than required to meet the demands of our defense strategy. It is also larger than we can afford to modernize and keep ready," Hagel said.

However, not all the plans include reductions to the military. The new budget also requires that the special operations forces grow by roughly 4,000 people.

Those receiving benefits from the Post 9/11 G.I. Bill, or those who have served on active duty for at least 36 months and their dependents, should not experience cuts to their overall benefits.

"Veteran benefits are finite," Engelhardt said. Although there are revisions every year, there have been no reductions; everyone gets the same benefits.

In the future, Engelhardt does not see these going anywhere either.

"I don't know why they would change the G.I. Bill," Engelhardt said. "It's a huge incentive for people to join the military in the first place."

The Naval Academy and Junior Reserve Officers' Training Corps across the nation, including the ones at SU, may experience cuts.

Additionally, the military is starting to make it more difficult to get into from a civilian status, raising their expectations and looking for more people with a college degree.

"It's just change, and change is good," Engelhardt said. "There is going to be more training rather than deployment, meaning more opportunities for actives with their families and home lives."

Although the Pentagon sees this plan as a reflection of the country's future needs, some feel unsure about their necessity.

"I think they're helpful because we spend 26 times more than the country in second place to us, so I guess a few cuts are necessary," freshman Nathan Camden said. "But that is what makes us the strongest military in the world."



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PROGRAM

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creating a graduate program that students can better handle later in their studies, we are catering to the current generation."

"The best way to accomplish the advancement of athletic training education is to convert them to Master programs, according that the Commission on Accreditation of Athletic Training Education the governing body to maintains minimum education standards. Although he has invested much of his time and energy into the Athletic Training undergraduate program, Isenstadt says if CAATE is correct, he is then in full support of converting it into a master's program.

"Although it would be sad to not have an undergraduate program for students to experience what I have experienced, Dr. Ritenour does a wonderful job of helping to advance athletic training as a respected medical profession," Isenstadt said.

"Upon the completion of spring 2016, SU will decide if the athletic training graduate program has been a success. Assuming this goal is reached, SU does not plan to reinstate athletic training as an undergraduate program.

GOVERNOR

Continued from PAGE 1

of a home field advantage, normally when you come in as a freshman delegate there is orientation and a whole class of freshman you come in with, but I was appointed, so I really hit the ground running," Haddaway-Riccio said. "Having been on the campus before and seeing how the committee system works I felt like I was better prepared because of those experiences."

Haddaway-Riccio and Craig have brought up many issues they plan to fix in Maryland as the days until the primary and general election grow fewer. Some of these issues include the economy, having a transparent and efficient government, Maryland's competition as a state, public safety, the environment, issues related to personal responsibility and Maryland's education system.

A few solutions the two have suggested are, stopping taxes from impeding job creation and economic growth, using social media to create more government transparency and understanding of Maryland laws and regulations, improving quality of life by creating a safer state, cutting down on early prison releases and reducing the administrative budget of the state education department and passing the cost-savings on to local schools.

"Jobs in the economy have to be at the top of everyone's list right now. I think that is particularly important for college students who are nearing graduation and are about to enter the workforce," Haddaway-Riccio said. "I think getting a budget balance would

help in some of these other areas in terms of our competitiveness and economy."

Before serving in the Maryland House of Delegates, Haddaway-Riccio was an administrative assistant for the Maryland Department of the Environment and a Development Officer for the National Audubon Society. She is also the creator of her own web design company, Dragonfly Designs.

She has held many positions in the House of Delegates including co-chair of the Legislative Policy Committee for the Women's Caucus, treasurer of the Eastern Shore Delegation and assistant minority whip. She is currently serving as the Chair of the Talbot County Delegation.

Haddaway-Riccio is also a part of the House Economic Matters Committee, Joint Committee of Federal Relations, the Public Utilities subcommittee, business regulation subcommittee and many other local boards and caucuses.

The primary election will take place on June 24, 2014 and the general election will take place on November 4, 2014.

"When you look at David's experience and combine that with my legislative experience, we have a very strong ticket," Haddaway-Riccio said. "We have the ability and track record to demonstrate and back that up."



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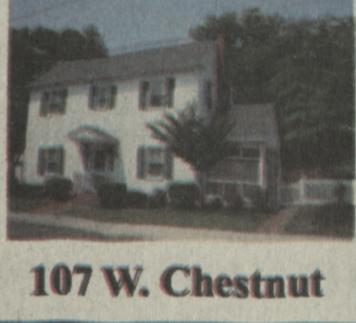
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EDITORIAL

Volume 44, Issue 6

March 11, 2014

Overheard: How do you feel about War on the Shore being during Spring Break this year?



"After last time, I expected something like this."



"I think it's terrible. No one's going to be here."



"They put it during spring break on purpose, definitely."



"I think it's smart for the police, but it kind of sucks for the students."



"It's disappointing. They think we can't handle ourselves."

The Flyer

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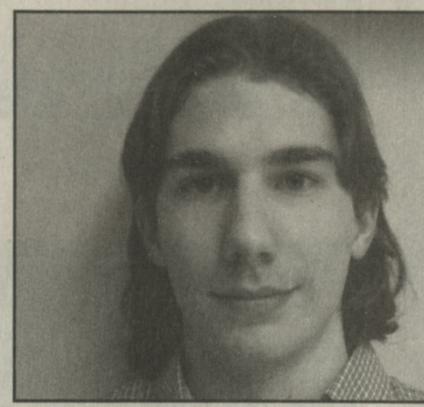
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The Flyer strives for accuracy and corrects its errors immediately. If you believe The Flyer has printed a factual error, please email us.

TwitchPlaysPokemon: A social experiment



BY KYLE SHAW
Staff Writer

In mid February the question was asked, "What happens when thousands of people try to play the same game at the same time?"

This idea was implemented by Twitch.tv, an online gaming hub where viewers watch and interact in live streams of different game channels using an emulated version of Pokémon Red (of the original generation) as a platform. The player character, Red, would be completely robotic and respond only to commands inputted by viewers via the chatroom. If someone wanted Red to move up, they would type "up," in chat. The game screen included a flowing sequence of commands that registered from chat and corresponded the move to the name of the individual responsible.

No one knew what to expect at first. It would either be a hysterical failure or a surprising miracle. At first it began as a comedy, watching Red repeatedly bumble into walls or check the Pokédex to see what a Bulbasaur sounds like (over, and over again). There was a little bit of a delay between the command input and in-game registration, so one's desired action was not immediate and subject to lag. This was perpetuated when the stream exploded in popularity, increasing in viewership and players from a few hundred to a few thousand to over a hundred thousand people in the same lobby.

The craze continued as the team progressed through the game with a lot of fan-made merchandise, mainly t-shirts. Red was imagined as a literal machine or manic pre-teen with thousands of voices in his head. Somehow, they plundered through myriad hardships and heartaches, accidentally releasing more popular Pokémon in exchange for accomplishing something. They conquered puzzles and battles they should have lost, even managing to capture a legendary Zapdos with a Master Ball (an astounding feat in its own right).

After over 16 days straight of continual play from across the world (most notably the USA, Australia and UK), Red beat all eight gym leaders and bested the elite four and final boss, Blue. So many articles followed the adventure and radio commentary streams were made for play by play. Many contributed to elaborate word documents outlining plans, current objectives, team statuses, maps and diagrams.

At dozens of points in the game people doubted any further success, believing they would never progress any further and be hindered by arguments, increasingly difficult encounters and puzzles. Regardless, it was done, and the internet worked together and beat the whole game in much less time than anyone could imagine. Practically the entire thing is documented on YouTube, and the game's save file can be downloaded for players to continue themselves.

The creators of the stream decided to shake things up a bit a couple of days in, implementing an Anarchy/Democracy system. Anarchy was the default system of doing things, where Red responded to each individual command. In democracy, there would be a 20 second voting period where the highest voted move would be the action carried out. This system became highly controversial, as the chatroom became littered with players inputting votes for anarchy or democracy.

Others were focused more on adding personality to the events unfolding, creating the basis of what would become an entire story of lore. This began with naming Pokémon, which was totally random. They would have names that were just random letters and symbols.

The chatroom developed a bit of a consensus in decrypting the names as if they were some sort of code, giving nicknames that would be agreed upon and stuck. Each Pokémon became a character and icon, symbols of unity (or destruction) that made the experiment blossom.

The stream is still running, as they are now playing Pokémon Crystal with a modified Anarchy/Democracy system. The religious lone is absent from the stream and viewership is a small fraction of what it used to be when the game was beaten March 1, but die-hard players are keeping it alive. No matter how that play-through works out, what was once a mere experiment brought an entire community together in a wild ride of nostalgia, intensity, face palming, bird worshiping and fossil hailing.

To get out of whatever the current mode was, 75 percent of the votes since the last switch would have to favor the other.

Microchips: Making our lives easier



BY CHRIS KRAUSS
Staff Writer

The other day I watched my old-time favorite movie, "The Terminator," and it got my fan-boy self thinking what it would be like if humans could be like the terminator. So I went to the internet or as I like to call it now, "The Land Where Dreams Become Reality."

Apparently, mankind has come closer than ever to making humans into living machines. Prosthetic arms and legs are pretty snazzy and there's been a great deal done for veterans and others who have lost limbs in accidents. But prosthetic limbs are the old kids on the block compared to the recent influx of transplants getting microchips about the size of a grain of rice installed into their bodies.

Reading that probably just sent a nice jolt of paranoia straight through some of your brains and maybe even made a couple of you cringe. The idea of getting a microchip implanted in your body is not an easy one to grasp. However, after reading some articles on the Internet, I found that purchasing one of these bad boys can not only make your life easier, but safer too.

Pursuing further into the depths of the Internet I found stories of people getting microchips implanted so that they could turn their lights on by waving a hand, unlocking their door by swiping their palm over the lock and starting their car just from them sitting in the driver's or passenger's seat. There are even rumors that companies are working on ways to utilize the microchips with smartphones, hopefully creating a better way of keeping your phone's secrets safe.

Moving past the physical uses of the microchip though, the little device can store hundreds of gigabytes of data. Your whole life could theoretically be stored inside a microchip that's inside of your body. Plus, for all those out there that have trust issues, storing your personal data inside of yourself is the definition of safe. The benefits are gratuitous, ranging from storing your medical information in case of an emergency to carrying a digital passport when traveling overseas.

Of course, just like with every new idea, people have created myths and found portions to create controversy over. First and foremost is the idea of how a microchip gets from outside of the body to inside of the body. It's rather simple though, the tool being used resembles a shot a person would receive at the doctors, just about twice the size.

A myth that a large group of people have formulated is that their every movement and action could be watched or recorded by the government. A microchip, however, isn't active until it is being used, much like a credit card or ID isn't active until it is being scanned. So technically almost everyone is already carrying around a similar microchip, except it isn't planted inside their body, it's planted inside their wallet.

But, it was to my disappointment to find out that the microchips are not FDA-approved and have yet to obtain an estimated street date to become commercially available. The only microchips that are purchasable are through research groups, costing nothing short of a small fortune and a lengthy waiver. Despite this knowledge, finding out there were microchips in the work that could in the future lead to me to being part cyborg, gave me hope that someday I could personally fulfill my fanboy dreams.

THE FLYER

EDITORIAL

Our View

Scheduling War on the Shore during Spring Break is a slap in the face to the student body

Two years after the infamous incident where a whole crowd of students was maced during a party held in honor of War on the Shore, the administration has gone to great lengths to ensure that no similar occurrence happens again.

However, War on the Shore is special because it gives SU (and Washington College when they host it) a chance to feel like a Division I school for a day.

Parties four times as big as the block party at New

Zoo two years ago take place weekly after football games at schools like University of Maryland, Penn State, Ohio State, all schools in the Southeastern Conference and almost any school with a Division I football program. The least SU students deserve is to party like it's a D-I football game.

It would seem that a school that is involved in hosting a game with this caliber would do anything it could to get as many students as possible to come to the game. Not SU. This year's game has been conveniently scheduled for March 18, which occurs during spring break, when most of the campus community will be out of town.

It should be of little wonder why the game was scheduled during spring break. Understandably, the administration does not want a repeat of the events two years

ago. Two years earlier is over a month earlier than it was last time is a little hard to believe, at least when there were bound to be other factors taken into consideration.

It is also possible that local law enforcement played a role in the decision too, perhaps even threatening sports directors to schedule the game where as few students

will come as possible with the threat of using greater force against the students than last time.

Regardless of the reasons behind it, the fact is that SU students are not going to get a War on the Shore this year. There will be no big lacrosse game to help bring students together and encourage a sense of school spirit and pride.

If the university administration did plan to hold War on the Shore at a time when their students would not be present, all they are doing is decreasing the already low student interest in school athletics, which is something that they struggle to improve every semester.

We hope you know what you're doing, SU.

Students displeased with academic advisors



BY AJIA ALLEN
Staff Writer

Academic advising is back for the week of March 10 and its effectiveness is in question.

Salisbury University students are required to attend a scheduled meeting with their assigned advisor during advising week each semester.

Students consult advisors about their academic requirements and their current academic standing, but more is expected from advisors than just a quick, meaningless meeting that gives no direction.

Minority students, in particular, have shown significant dissatisfaction with their advisors, especially those who once pursued medical careers but were adamantly advised to take alternate routes. Different alternatives and methods for being able to reach original goals ought to be the only suggestions given by academic advisors and nothing more.

College is a critical and an emotionally intense experience, so it stands to reason that students seek guidance and reassurance from all possible sources. Unfortunately, multiple students seem to gain the exact opposite from their advisors.

A negative advising consultation has the power to sway a student to drop out or worse. Hence, there is massive importance in what is declared during these required meetings and advisors ought to remember that before-hand.

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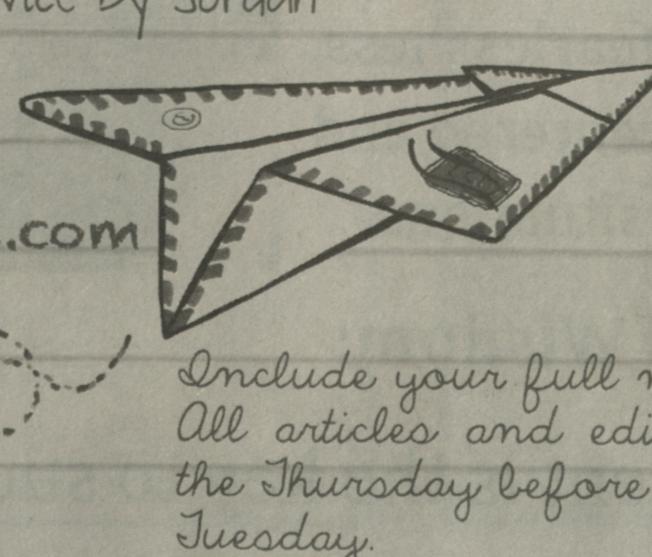


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SU hosts campus 'Idol' competition

BY SAMANTHA BABO
Staff Writer

Thirteen aspiring singers wouldn't let the snow storm advisory keep them from competing with their pitch perfect vocals on March 2.

Salisbury University hosted its very own SU Idol singing competition that allowed students to showcase their talents on stage while competing against classmates and friends. The audience voted on who would make it into the semi-final round, cutting the competition from 13 to seven students. The final three were chosen, and finally, junior Josh Mathis was chosen as the winner.

Mathis said he has been inspired by his father and older brother who have always been his biggest fans. His final performance that won him the competition was the song he wrote and dedicated to his fiance Jessica White.

"It felt unbelievable to win this competition because I had truly thought that one of the girls that I was competing against was going to win, but at the same time I was really happy that I won because Jessica was there and I knew how much it meant to her when I sang her song and ended up winning," Mathis said. "I think I would definitely do something like this again because it was a really fun experience."

However, Mathis was not the only star on stage that night. Junior Kathleen Gutoskey said she has been singing since middle school and was voted in as a top three performers of the competition. Gutoskey said her love for singing led her to try out for the American Idol experience in Disney World a few years earlier, when she was featured in a Pocahontas show that day.

"I've been craving singing lately so as soon as

I heard about SU Idol, I jumped at the opportunity to simply sing on a stage," Gutoskey said. "I really wasn't expecting to get to the final three, especially after hearing the other contestants. Each of them blew me away."

Sophomore Marissa Shervin, who was also a top three finalist, said she has been singing since she was in elementary school performing at talent shows. Shervin said she was excited to sing "When I Stood" by Missy Higgins, because it was the first song she had ever learned to play on her guitar.

"This experience was so much fun to compete against all the talented people in the competition, especially since I'm friends with most of them from Residence Life," Shervin said.

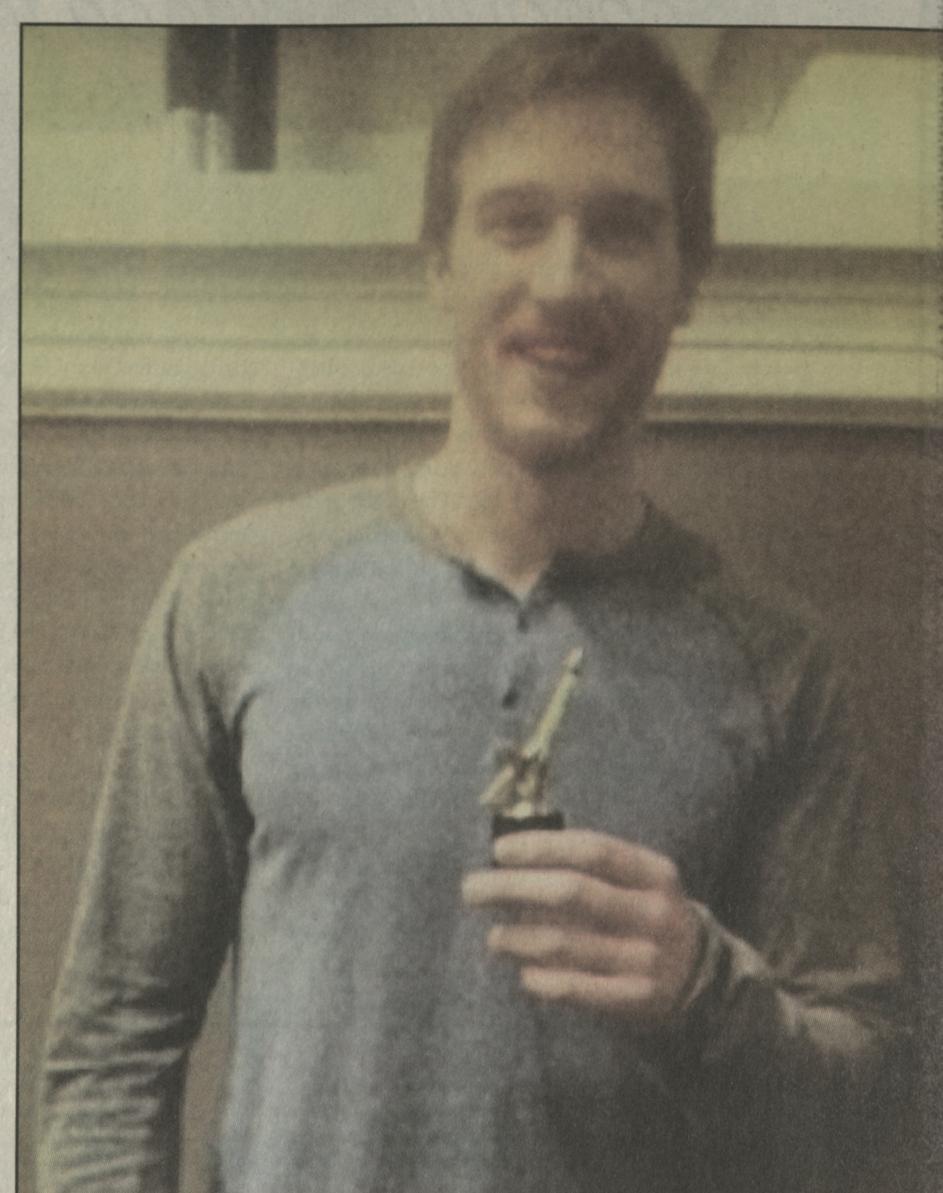
"It was a great atmosphere for performing, and I was so thankful for all the support I received from my parents, friends, staff members and residents."

Samuel Brooks, sophomore, was one of the top seven contestants. He sang "Everybody Talks" by Neon Trees, which he said is one of his favorite songs to sing at the top of his lungs with his younger brother. Brooks said he has been singing since he was six years old.

"My father has been singing for as long as I can remember, my first memory of singing was actually when I sang with him playing his guitar around a campfire," Brooks said. "My father and my faith have inspired me to sing."

Prizes were awarded to all seven semi-finalists which included iTunes gift cards, SOAP T-shirts, sunglasses, trophies and Gullfest tickets. SOAP Concess Chair Alex Reynolds said he was happy with the night's event.

"This competition was quite a success since SOAP has never hosted an event like this before," he said. "I was approached by several people in the audience after the event ended to hear how much they had enjoyed it."



Ashley Van Veen photo
Junior John Mathis was crowned the 'SU Idol' out of 13 student singers.

March 11, 2014

THE FLYER

GULL LIFE

~Book Review~

Young Wanderlust

by Evan Kenward

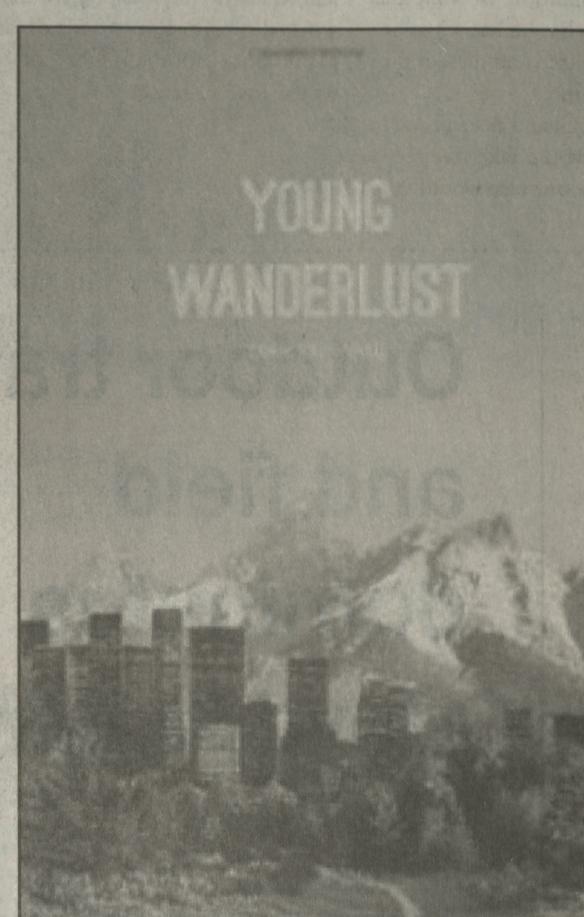


Photo courtesy of Evan Kenward
Young Wanderlust tells the story of a post-graduate's adventure.

BY AMANDA BIEDERMAN
Gull Life Editor

you've already been there a million times. Kenward's depiction of the United States creates this very effect.

With graduation just over two months away, the end of college is looming closer each day for the Salisbury University class of 2014.

But after graduation finally comes, what happens next? Some students will push off adulthood just a little longer, making the decision to attend graduate school. Others will brave the real world, and attempt to live on a coveted low-level, low-paying job.

Yet others will use this time after graduation to explore the world, enjoying a short gap between the stresses of final grades and paying bills.

Evan Kenward shares his own post-graduate experience traveling across the United States from his hometown in Amherst, Mass. in his new book, *Young Wanderlust*.

Although *Young Wanderlust* is billed as a novel, it's obvious that the story is based on Kenward's own experience. Yet somehow, the knowledge that all the events actually occurred only makes the story more intriguing.

Evan, a recent graduate from the University of Massachusetts, is determined to fulfill his duty as an American citizen and travel with his two friends from the all-too-familiar East Coast to the mysterious West Coast. His final, long-awaited destination is British Columbia.

Everything that happens just happens in the present. There's very little foreshadowing, and you can never really guess what the group will find at the road's next turn.

In this way, *Young Wanderlust* is different from most other books of its kind. It's not a typical travel novel. Yet somehow, it actually really works.

In the end, where will Evan end up? Will he be able to stand being trapped in a car with his friends, both of whom have very different personalities? Will the rusty old Suburu, under constant threat of breaking down, survive the trip? And once the month-long trip is over, what will Evan finally decide to do with his post-graduate life?

To find out, you'll have to read the book.

CAMPUS CHIC

Faculty Fashion Expert: Leslie Yarmo

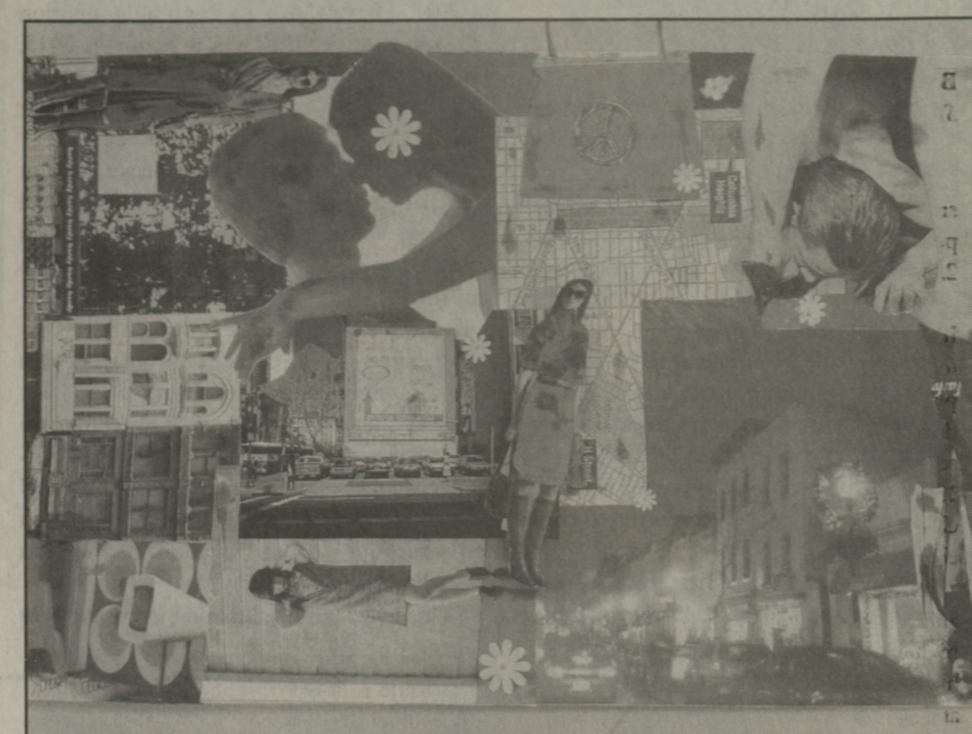


Photo courtesy of Leslie Yarmo
One of Yarmo's students created a collage for a character study in one of her costume design classes.

BY KARA KINNAMON
Fashion Columnist

As students, we never seem to fully understand the abundance of resources available to us in college.

Semester after semester I am still discovering new and helpful things that I must have missed dazing off during freshman orientation.

Upon receiving an email from an encouraging professor of mine, I was introduced to Leslie Yarmo, an Assistant Professor of Theatre and Costume Design.

I saw that Yarmo was going to be teaching a history of fashion course (THEA 420) in the upcoming fall semester, which has been discussed as becoming a general education course in the future. I was very interested in this course and the professor behind it so I met with Yarmo in her office.

Yarmo's office isn't typical of our other faculty on campus. Two students were handling pigs, which she informed me were for an upcoming assignment and the room was full of sketches, materials, and other inspiring pieces. I was excited to see this Project Runway-type room tucked away in Fulton Hall.

As we talked, Yarmo mentioned a few shows she had worked on in the past. My ears perked up at the mention of some well-known titles, urging me to pry further.

Yarmo worked as the initial Costume Designer on the first three seasons of *LAW & ORDER: Special Victims Unit*, where she established the show's look that has since continued. She explained her struggle to create Mariska's look with a demand for pantsuits. Yarmo was able to establish the look utilizing stretch suits that we all know

and love today.

She also worked on shows like HBO's "Rome" and "Lipstick Jungle." Her films include "Baby Mama," "The Ice Storm," and "I Am Legend." She also worked on countless theatre productions.

Yarmo has also taught at SUNY Purchase College in New York and in Italy as the Professor of Costume Design at the Accademia Italiana di Design.

Her knowledge matches her credibility as spoke with her about costume design, wardrobe and styling. She said she feels that the three areas overlap quite a bit.

She explained how the knowledge of one aspect of a character's appearance doesn't make for a successful career in any of the fields.

Yarmo understands and acknowledges a well-rounded teaching method. She is very open to students with many different academic backgrounds and personal interests. Her winter course abroad in Rome encourages multidisciplinary students and is able to tailor their experience to the group's interests. Her expertise is entirely complemented by the fact that she used to live in Rome, giving students a native view on the culture.

Due to her past work and colorful life, Yarmo encompasses many connections in the current film, TV, arts, and fashion industries. Anyone looking to work in any of these areas should be encouraged to contact Yarmo and see what sort of options are out there.

I was pleased to have met with Yarmo and learn about such an interesting faculty member, and I hope to see fashion-lovers in Yarmo's history of fashion course in the fall.

For more information, visit Yarmo's website at www.yarmo.com.

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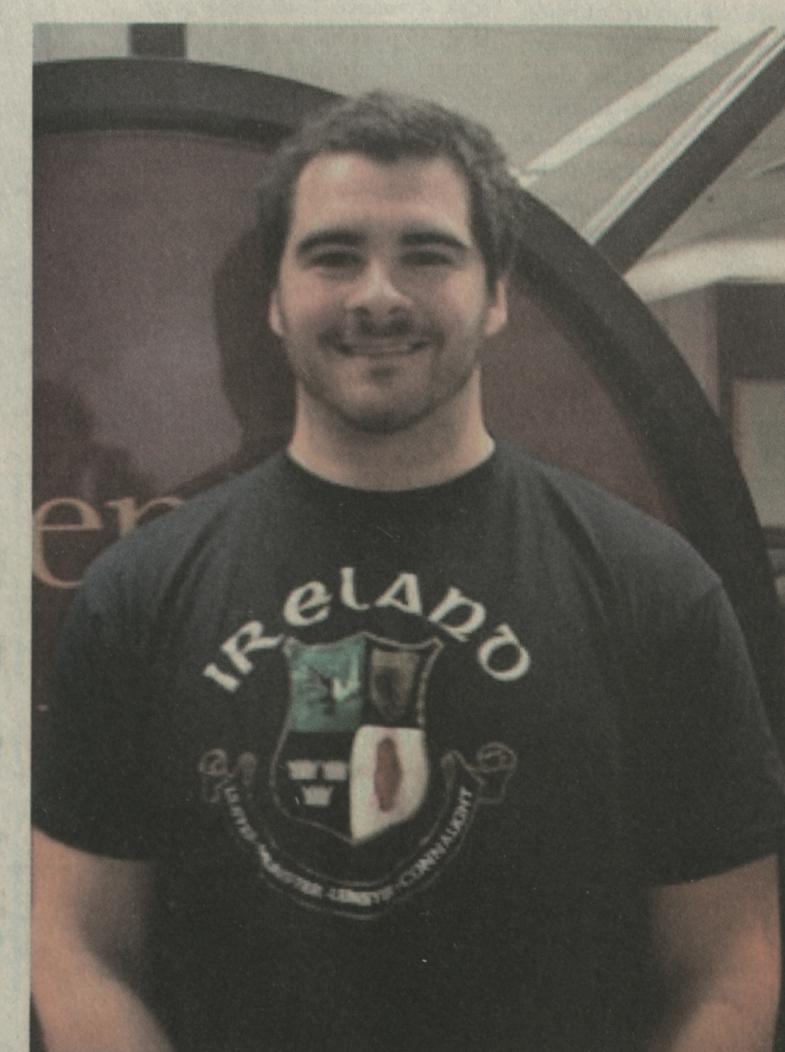
Hometown: Hamilton, NJ

Dr. Scott Mazzetti Said:

"Patrick is an academic and research rock star! Among all of his strengths, the most impressive are his pleasant attitude, fearlessness, and ability to remain centered and focused in challenging situations."

Patrick's Words of Wisdom:

"Time management is the key to success."



SPORTS

Volume 44, Issue 6

March 11, 2014

SU cornerback hopes to pursue NFL dreams

BY GLEN CAREY
Staff Writer

The involvement of the National Football League and Salisbury University is rare, but with Andre Carter, it's a possibility.

"I don't know the odds or percentages of making it at the next level," said SU senior cornerback, Andre Carter. "I know they are not great, but I'm going to do everything in my power to reach that goal."

Originally from Huntingdon, Md., and a graduate of Huntingdon High School, Carter played football and ran track.

"Andre was a prototypical Division I size corner," said SU head football coach Sherman Wood. "I couldn't believe he wanted to come here to Salisbury."

Carter was named to the first team All-Emprise 8 as a sophomore in 2011 and as a junior

in 2012. He was also an honorable mention All-American in 2012. As a senior in 2013, Carter was named a first team D3 all-American, Empire 8 Defensive Player of the Year and first team All-Empire 8 member.

"Andre was great as a young player and got the chance to play young," said SU football defensive coordinator Robb Disbennett. "His knowledge of the game and position grew so quickly."

Byron Westbrook is the only Salisbury University athlete to ever play in the NFL and was also a defensive back like Carter.

Carter knew his senior year at Huntingdon High that he wanted to continue playing football. His high school coach recommended SU to Carter especially considering his affiliation with Salisbury offensive coordinator Ryan Fleetwood.

"The coaches preached that every day was

an opportunity to get better and I really bought into saying that," Carter said. "I wanted to be the best defensive back on the team so I chose to take practice seriously and tried to shine in every drill to push my teammates."

The odds of a DIII athlete to play professional sports are slim, but Carter's coaches believe he has the ability.

"He will run well enough and has tremendous hands," Disbennett said. "I told him that (professional teams) may want him to possibly play offense too and he will adjust."

Carter's mental preparation is what has helped him accomplish what he has. Coaches rave about his ability to watch and dissect film and his overall mental game.

"He uses his frame so well and doesn't waste steps," Wood said. "He would take five steps to make a play when someone else would take

10."

Carter describes himself as a hardworking and coachable athlete. He believes he is explosive and would play any position to benefit his team and to ultimately reach the next level.

"I was a first team all-American, I'd be a waste of talent to not try to play at the next level," Carter said. "I'd love to play for the Redskins, that's my team. But getting to play on any team in the NFL would be a dream come true."

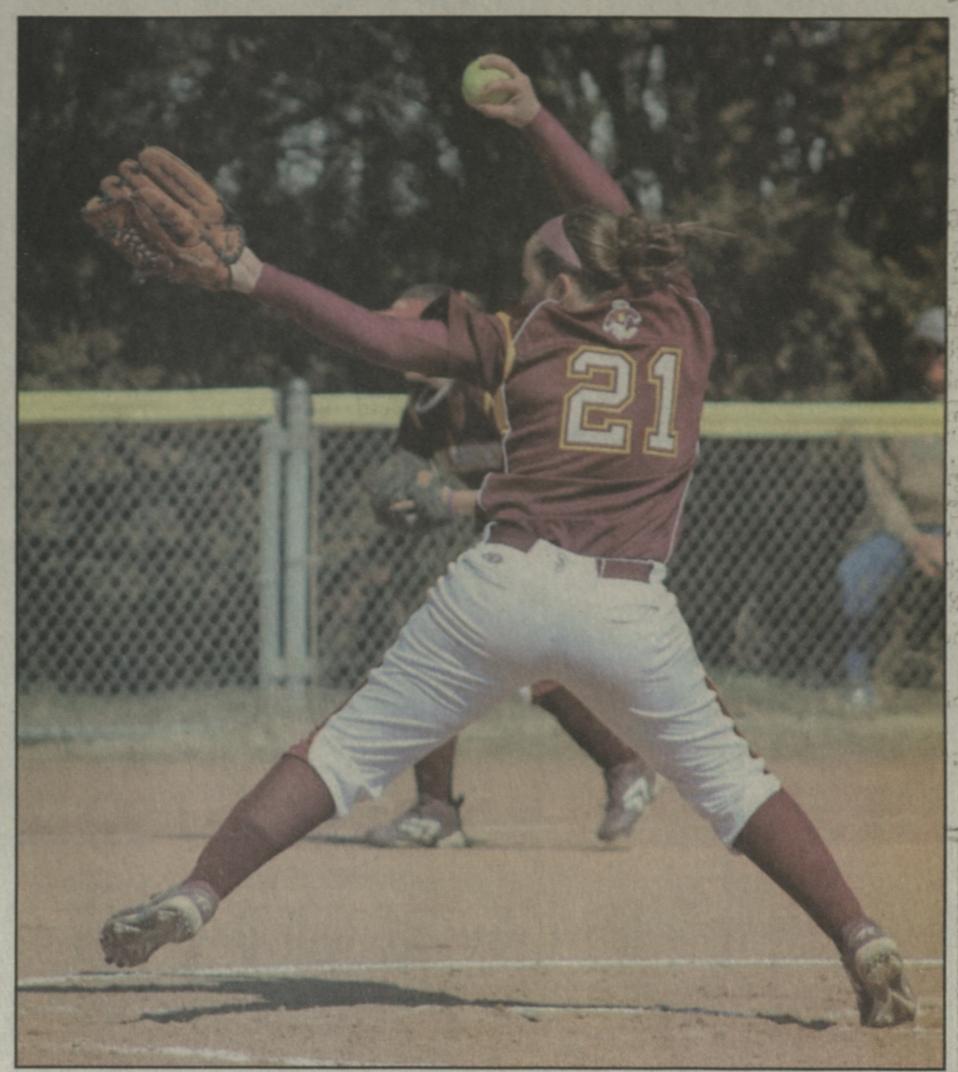
Carter came to Salisbury to become a physical educator and it happened that football has worked out for him. If his dream of playing professional football does not come true, he would love to teach.

THE FLYER

SPORTS

9

Softball keeps on rolling



Jana Brown photos
(Above) Sophomore Paige Knussman slides in to contribute to her team's win streak.
(Right) Senior pitcher Kathryn Larson winds up for a pitch. Larson picked up the win in the second game of the double header, working three innings and striking out a pair.

Athlete's Health

The RICE method

BY GLEN CAREY
Staff Writer

There are many different ways to treat an injury, but the most effective treatment could be the cheapest and easiest.

"The RICE method is successful because it allows time for the injury to start healing," Salisbury University athletic trainer Jeffrey Orsco said. "The worst thing an athlete can do is ignore the injury and not take care of it as it will only get worse."

RICE stands for rest, ice, compression and elevation. Athletes will rest and protect the injured or sore area. Then they will apply ice, which will reduce pain and swelling.

The next step is compressing or wrapping the injured or sore area with an elastic bandage to help decrease swelling. The final step is elevating the injury while applying ice as often as possible. Athletes should try to keep the injury above the level of the heart to help minimize swelling.

"After a hard work out some RICE is required due to a strain or shin splints," Head Track and Field Coach Jim Jones said. "It works very well if done right after the injury occurs and helps the healing process."

RICE is used for more acute injuries, but can also be used for chronic injuries. Chronic injuries still use portions of RICE but might only use ICE and compression, or just ICE. Injuries that are most often seen using RICE are ankle sprains or knee injuries such as an ACL tear.

"The RICE method is successful because it allows time for the injury to start healing."

- Salisbury University athletic trainer Jeffrey Orsco

"I usually try to rest and ice whenever I feel aching and a little banged up," said SU junior sprinter Ameera Teal. "Sometimes (I use the RICE method) after a hard practice or meet, so once or twice a week."

The compression and elevation components of RICE are straightforward, but when it comes to the resting and icing, timing is important. The first 24-48 hours after an injury, it is considered a critical treatment period and activities need to be curtailed and rest is needed immediately. For the first 48 hours post-injury, one should ice their sprain or strain for 20 minutes at a time every 3-4 hours.

"I would say rest is most important," Teal said. "As an athlete we usually have injuries due to overuse. Sometimes we forget to take care of ourselves when we're working hard to reach our goals."

Jumper's Knee

BY AHLEY MARTIN
Staff Writer

Salisbury University's men's basketball player Tim Harwood once suffered from the painful stiff feeling in his knee that mainly comes from jumping too much. The pain made it difficult for him to play.

Assistant Athletic Trainer Matthew Lipka said although jumper's knee may not seem like a major injury, it is especially common in basketball, volleyball and track and field athletes. Athletes who ignore the seemingly minor injury actually make it worse. He said the injury occurs in the patellar tendon, which is the strand of tissue that attaches from the bottom of the kneecap to the top of the shinbone.

"Jumper's knee is just another name for patellar tendonitis," Lipka said. "It's an inflammation of the patellar tendon with micro-tears along the tendon."

Lipka said jumper's knee is mostly caused by repeated overloads of stress and commonly occurs after practice and into the next morning. He mentioned that weakness in other muscles and poor technique are some of other factors that can contribute to an athlete suffering from the injury.

Harwood said he's sure that players of his sport suffer from it the most due to the movements required when playing.

"Basketball is probably one of the (most prone), because it involves constant running, cutting and jumping which is unique to other sports," Harwood said.

He said two players from the team severely suffered from it and had to receive treatment everyday before and after practice until they recovered.

"The last few weeks of the season, I even had some pain coming from patellar tendonitis," Harwood said. "It is uncomfortable and painful when playing and even at night sometimes when it gets really stiff."

Harwood said SU athletic training is helpful in cases as such by treating the players' knees with ice and wrapping it straps to reduce the pain. Lipka said the best treatment is for the player to take a rest from playing, however, it's still possible to play with the injury if properly treated.

Lipka said SU athletic training starts treatment for jumper's knee with ice and then if necessary, goes forward with rehab treatment.

"(It) involves stretching, strengthening, and some manual therapy, such as massage techniques," Lipka said.

Lipka said the best prevention is knowing what the injury is and what causes it. From there, coaches, trainers and players can better help to prevent and treat the injury.

Outdoor track and field dominates Lloyd Sigler

BY AMY MCFARLAND
Sports Editor

The Salisbury University men's and women's track and field teams were challenged in preparing for the first home meet of the outdoor season with unwelcomed snow last week, but that didn't stop SU from shining at the Lloyd Sigler Spring meet on Saturday.

Head Coach Jim Jones had few complaints with the results of the meet, as well as the warm weather.

"We had to warm up inside in the gym or the swimming pool and then on Wednesday we were able to get out and get some work in and today definitely ended up being worth it," Jones said. "We've won a lot of events today and I think we're definitely going to win the meet in a resounding fashion as we tend to do at this opening meet."

Jones's prediction was right, as the Gulls took well over 500 points combined from the women's and men's teams. Shenandoah University placed second on both sides, compiling 239 points.

While the Gulls came out strong in this opening meet, the team is a much younger roster from the 2013 season.

"Our veterans have really stepped up and led the way for these younger athletes and the improvement shows," Jones said.

Also different, SU graduate and defending champ in the shot put Chelsea Tavik has returned to the team as an assistant coach for throws. The Glen Burnie, Md. native said she made the decision come back to help lead her former teammates.

"It's different now because before I was leading, but I was also kind of dominating the events," Tavik said. "Now I can actually lead and help the younger athletes step up as the new face of throwing."

She said she hopes to help multiple people to advance Nationals just as she did in the 2013 and 2012 seasons.

"I feel like I can relate to (the throwers) because I didn't start out winning championships, I slowly got better and I think there's definitely potential here," Tavik said.

While Tavik shared Jones's positive outlook on the results of the meet, but expects more from the team once the season gets into full season.

"It wasn't our best day but definitely not the worst either," Tavik said. "Hopefully we don't get more snowy weather so it won't interfere with practice."

The women's side took 316 points for the day, including three wins from Lauren Snyder in the 200-meter dash, the 400-meter dash and the 4x400 meter relay. Snyder teamed with Ameera Teal, Makiah Green and Stephanie Biddle for the relay win.

Sophomore Kelsey Larger placed second behind Snyder in the 200-meter dash and earned her own win in the 100-meter dash with a time of 13.40 seconds.

Freshman Ashley Jackson earned wins in the long jump and triple jump, with classmate Abby Richards behind her in the triple jump and junior Ashley Reilly following her in the long jump.

Reilly placed first in the 100-meter hurdles with a time of 15.94 seconds, with Richards just behind her. Jasmin Daniels claimed first in the 800-meter run, while junior Olivia Cloud won the 5,000 meter run with a time of 19:38.37.

The Gulls also picked up wins in the pole vault by freshman Sarah Taylor, the high jump by Lauren Rodgers and a spot in the hammer throw by Sadi Mangold.

The men's side saw similar success in its events, earning 241 points.

Junior Jeffrey Jordan claimed first in the discus, while classmate Eric Wood topped the 3,000 meter steeplechase with a time of 9:48.92.

The Gulls saw wins in 5,000 meter run, the 200-meter dash and the pole vault from Nathan Austin, Carmelo Barresi and Jason White, respectively. The 4x400 meter relay was also won on the men's side from the efforts of junior Blake Busard, Jarrell Young, Will Fountain and Elijah Harris.

The Gulls will look to carry its success at the Coastal Carolina Invitational on Friday and Saturday.

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